



# CONTENTS

## Natural Sciences

- Posture Induced Changes in the Maximal M-wave and the H-reflex Amplitude . . . . . 50**  
Terumasa TAKAHARA, Hidetaka YAMAGUCHI, Kazutoshi SEKI and Sho ONODERA
- Effects of Eating or Skipping Breakfast on Heart Rate and Oxygen Uptake . . . . . 58**  
Yuka NOSE, Masayoshi HIRAO, Kazuki NISHIMURA, Keita ARAKANE,  
Tatsuya SAITO, Terumasa TAKAHARA and Sho ONODERA

## Social Sciences

- Development of a Measure to Evaluate the Quality of Dementia Care Provided  
by Caregivers at Unit Care Geriatric Health Service Facilities . . . . . 64**  
Sachiko HARA, Sakae MIKANE, Yoshiko FUTOU and Kazuo NAKAJIMA